

Citrus Pastry Cream

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

Ingredients

- 2 tablespoons cornstarch
- 1 large egg yolk
- 1.3 cups citrus juice (see notes)
- 1 tablespoon thinly citrus peel shredded (see notes)
- 6 servings try build-a-meal
- 0.5 cup sugar

Equipment

- frying pan

Directions

In a 1 1/2- to 2-quart pan, mix sugar, cornstarch, peel, juice, and egg yolk. Stir over high heat until boiling, about 5 minutes.

Nutrition Facts

 PROTEIN **2.29%**  FAT **7.07%**  CARBS **90.64%**

Properties

Glycemic Index:23.81, Glycemic Load:14.15, Inflammation Score:-1, Nutrition Score:1.3773912949407%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 2.6mg, Epicatechin: 2.6mg, Epicatechin: 2.6mg, Epicatechin: 2.6mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 112.34kcal (5.62%), Fat: 0.91g (1.39%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 26.16g (8.72%), Net Carbohydrates: 25.77g (9.37%), Sugar: 21.98g (24.42%), Cholesterol: 30.6mg (10.2%), Sodium: 4mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Manganese: 0.11mg (5.58%), Selenium: 2.33µg (3.33%), Phosphorus: 21.75mg (2.18%), Potassium: 67.48mg (1.93%), Vitamin B2: 0.03mg (1.81%), Fiber: 0.39g (1.55%), Magnesium: 5.52mg (1.38%), Vitamin B1: 0.02mg (1.32%), Iron: 0.23mg (1.3%), Vitamin B5: 0.13mg (1.29%), Vitamin B6: 0.02mg (1.21%), Folate: 4.37µg (1.09%), Vitamin D: 0.15µg (1.02%)